

STAY ACTIVE THIS WINTER

**ADULT
PROGRAMS**

**EASTHAM
RECREATION
DEPT.**

To register...call the Rec Office 508-240-5974 or stop by 555 Old Orchard Rd.

YOGA *****

Located at The Council on Aging 1405 Nauset Rd.

Downstairs entrance

Tuesdays 6:00pm-7:00pm

Instructor Nancy Covell. All levels welcome!

January 4 thru February 1 (five weeks)

\$10 drop in fee **OR** \$40 for full 5 weeks

Bring a **mask**, yoga mat and water bottle. Exact change. Come a few minutes before class to register.



PICK-UP PICKLEBALL *****

Located at Eastham Elementary School Gymnasium

200 School House Rd

Saturdays 12:30pm-3:30pm

Starting January 8

\$5 drop in fee **OR** \$30 for full session

Bring a **mask**, paddle and water bottle. Exact change only.



PICK-UP BASKETBALL *****

Located at Eastham Elementary School Gymnasium

200 School House Rd

Tuesdays 6:30pm-8:00pm. **No pick-up during school vacations.**

Starting January 4

\$5 drop in fee **OR** \$30 for full session

Bring a **mask**, clean pair of sneakers and water bottle. Exact change only.

